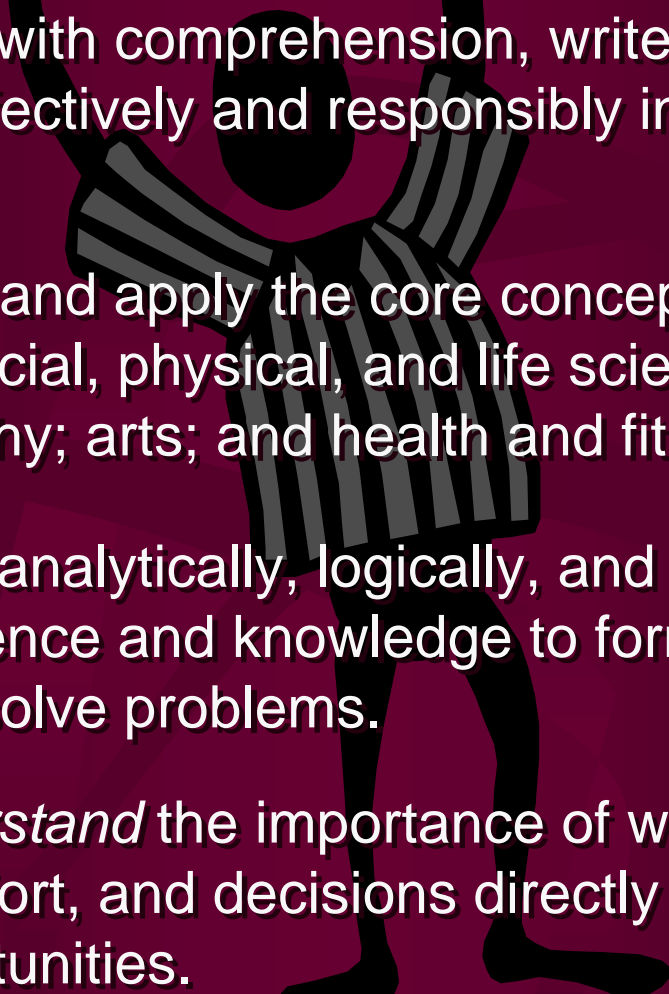
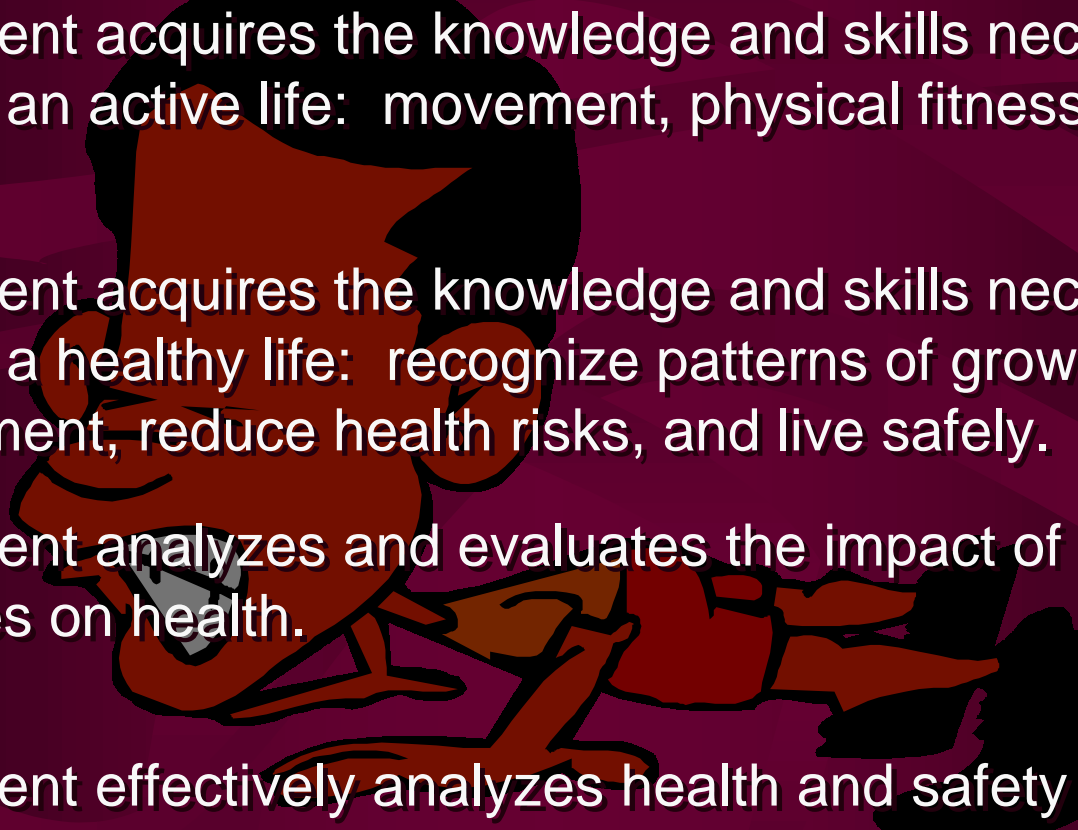








# WASHINGTON STATE LEARNING GOALS

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- **GOAL 1:** *Read* with comprehension, write with skill, and communicate effectively and responsibly in a variety of ways and settings.
  - **GOAL 2:** *Know* and apply the core concepts and principles of mathematics; social, physical, and life sciences; civics and history; geography; arts; and health and fitness.
  - **GOAL 3:** *Think* analytically, logically, and creatively, and to integrate experience and knowledge to form reasoned judgments and solve problems.
  - **GOAL 4:** *Understand* the importance of work and how performance, effort, and decisions directly affect career and education opportunities.

# THE ESSENTIAL ACADEMIC LEARNING REQUIREMENTS IN HEALTH & FITNESS

- 
- A stylized illustration of a person with dark skin and black hair, wearing a red tank top and red shorts, performing a yoga pose (Cobra pose) on a dark surface. The background features wavy, horizontal stripes in shades of purple and magenta.
-  The student acquires the knowledge and skills necessary to maintain an active life: movement, physical fitness, and nutrition.
  -  The student acquires the knowledge and skills necessary to maintain a healthy life: recognize patterns of growth and development, reduce health risks, and live safely.
  -  The student analyzes and evaluates the impact of real-life influences on health.
  -  The student effectively analyzes health and safety information to develop health and fitness plans based on life goals.



# CURRENT HEALTH SCIENCES CAREER PATH COURSES

**Emergency Medical  
Technician**

**Health Occupations Core**

**Nutrition**

**Nursing  
Assistant**

**Dental  
Assistant**

**Sports  
Medicine**



